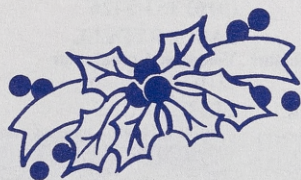


SACRAMENTO AREA CAREER WOMENS NETWORK, INC.

VOL. 6, NO. 11

NOVEMBER, 1990

4th Annual SACWN Holiday Celebration!



for Members Only



Featuring: Mayor Anne Rudin

Where: Santa Fe Inn (formerly Sierra Inn)
2600 Auburn Blvd. 482-4770

When: Sunday, November 18, 1990
2 p.m. 'til 7 p.m.

Tickets: \$16.00 Includes sumptuous late lunch and entertainment.
Pre-registration by Nov. 12th required for all participants!

Please join us on Sunday, November 18th, for a spectacular lunch and pre-Holiday Festivities. Included in the event will be performances by the Sacramento Women's Chorus and the Sacramento Gay Men's Chorus.

At 3:00 p.m. **Mayor Anne Rudin** will join the festivities to speak on her triumphs and challenges as a woman in public life and her role as an outspoken advocate of equal rights. Later, music and dancing will add to the festivities!

A delicious gourmet lunch will be served with your choice of Boneless Cornish Game Hen with apple & almond stuffing, or Grilled Sea Bass with lemon butter almondine. Please mark your selection when pre-registering by November 12th.

So, wear your Sunday best and we'll all get started on the first Holiday Season of the Gay 90's. This event is for SACWN members only, so if your friends haven't joined yet or you need to renew your membership, now is the best time.

SPEAK/OUT**GUESS WHO'S NOT COMING TO DINNER?**

"The Dinner Party". Judy Chicago. One of the most historically inclusive, collaborative, and female art pieces ever done. A piece of art incorporating the traditional forms of women's artistic expression: craftwork, needlepoint, china painting, tapestry. The domesticated and often trivialized forms of women's creative expression, reborn and recreated as a powerful piece of art. Feminist art with a history of women's contributions, art in the shape of a triangle, art that speaks with a woman's tongue. Powerful art that does not define women's history but symbolizes it. When we see it and experience the force of it, we become more of who we are.

But, if the U.S. Senate ratifies a recent bill from the House to cut funding, no one will be going to see "The Dinner Party". The U.S. House of Representatives voted 297 to 123 to cut \$1.6 million from the District of Columbia Appropriations Bill in response to the scheduled acquisition of "The Dinner Party." The art work was to appear at the University of D.C. The money deleted by Congress is the amount the university had earmarked for the renovation of the school library, in which "The Dinner Party" was to be housed.

"The Dinner Party" is on the recent congressional hit list because it depicts the politics of sexuality and represents female sexual imagery as symbolic of our history. Look at the plates, the images of the Mother Goddess: hips, belly, breasts, vagina. These images are used in "The Dinner Party" to symbolize women's creative power throughout history. That is what makes this art work so dangerous. "The Dinner Party" is feminist art, but it is also homoerotic art in that it celebrates the sexual, creative energy of women, by women.

In the mid-seventies, funding for "The Dinner Party" was provided, in part, by a grant from the National Endowment for the Arts (NEA). Today, the NEA is under attack by the religious and political right, specifically the homophobic, misogynistic, and racist agenda of Jesse Helms, et al. The word *homoerotic* was included in the restrictive language passed by Congress to limit the scope of the NEA, thereby denying certain artists access to funding. For some, this is outright blacklisting.

The recent suppression of funds for "The Dinner Party" must be seen in the context of the government's continued harassment of openly lesbian and gay artists and writers, such as the late photographer Robert Mapplethorpe, and lesbian poets Audre Lorde, Minnie Bruce Pratt, and Chrystos. To deny our cultural visibility is to deny our right to exist.

There might not have been a "Dinner Party" if Judy Chicago had begun her work in the mid-eighties. At least, it wouldn't have been funded by the NEA. In the mid-seventies "The Dinner Party" was not considered dangerous art. It was exhibited internationally and received high acclaim by critics. Today, funds for housing the work have been cut by

Continued on next page

HEY, LISTEN UP!

If you have any questions regarding the delivery of your newsletter or renewal of your membership, please call
SACWN Administrative
Assistant Linda Killick at
486-8985.

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SACWN, Inc. solicits letters regarding issues, concerns, etc. Please send letters signed to Editor, Amanda Stennick, 2033 36th St., Sacramento, CA 95817. Names will appear with prior approval. Letters may be edited due to space restrictions.

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NO ADS WILL BE TAKEN OVER THE PHONE OR AT SACWN EVENTS. PAY IN FULL IN ADVANCE AND SAVE 10% for 3 insertions or longer — SAVE 15% with 12 insertions.

All art and payment is due on the 2nd Tuesday of the month for next month's issue. Send to SACWN, Inc., P.O. Box 661332, Sacramento, CA 95866.

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Editorial *Continued from previous page*

those who want to suppress it because of its sexual imagery and "implied obscenity."

With NEA funding as a battleground for the "pure-in-art", any work of art that threatens two-dimensional minds and right-wing values is fair game for censorship. The ability to make art and to put it out in the world is a function of our individual and collective freedoms, and represents how truly free and expressive we are as a society. Right-wing attempts to control NEA funding are not just an issue of censorship for artists but a First Amendment issue for all of us.

Amanda Stennick
Newsletter Editor

Speak/out is a regularly appearing editorial in the Newsletter and does not necessarily reflect the views of the Steering Committee.

The Newsletter welcomes your signed letters (full names with phone numbers for verification, please). Your name will not be printed if you wish to remain anonymous. Letters will not be accepted over 250 words. Letters will be edited for space requirements. Please submit any letters to Amanda Stennick, 2033 36th Street, Sacramento, 95817. All letters must be received by the second Tuesday of each month. Letters will not be published unless the above guidelines are followed.

COMING UP!

There will be no regular SACWN program in December, but we will be offering some great Christmas gift-giving ideas in our December Newsletter. Many of our advertisers offer Gift Certificates, and the holidays are an ideal time for these kind of gifts. Watch for details in the December Newsletter!

Also, mark your calendars for January 18, 1991, when SACWN brings back by popular demand, Lesbian author and sex therapist **Joann Loulan!** If you saw her two years ago, you KNOW you won't want to miss her always entertaining and educational performance. If you missed her two years ago, well, honey, you WON'T want to miss her again!

A Message From the Steering Committee

SACWN continues to focus on budget concerns and reducing costs for events. The Executive Committee has been meeting with each committee to look for ways to trim the budget and run SACWN more like a business. We have already had some success in cutting costs and expenses. We will continue to focus on ways to improve the financial status of SACWN while putting on quality events that are affordable. Please talk to us if you have ideas or suggestions.

Rosanna Herber
Steering Committee Coordinator

Calendar of Events in the Community

Honesty, Openness, Willingness Forums 1990 sponsored by Sacramento Mental Health Association. For more information call 456-2070.

November -

- 5th Levels of Recovery
- 12th Personality Development and Change
- 19th Behavioral Changes and Self-Esteem
- 26th Assertion—How Can I Tell Who I Am?

November 6th — General Elections! Don't forget to cast your vote. There are many important issues on the ballot, and the governor's race will affect us all. Get out and vote!

Ballroom and Western Dance Classes Starting in Mid-November. Synchronized ballroom classes for alumni students. Call John Batchelor at 453-8991 to receive flyer for more information.

Camellia Symphony Celebrates Its 28th Season With the Appointment of Nan Washburn as Music Director/Conductor. Opening night concert November 17 includes the Sacramento premier of "Water Music" (1985) by composer Libby Larsen. Call 344-5844 for more information.

November 19th CAP/PAC Forum on Activism. Townhouse, 1517 21st Street, 5:30 p.m. for more info. call Anne Bersinger, 920-9587.

To have an event listed in the Calendar, info. (including contact name and phone number) must be received by the Newsletter Editor the second Tuesday of the month prior to publication.)

CAP/PAC Quarterly Forum — Activism: Where Do You Fit In?

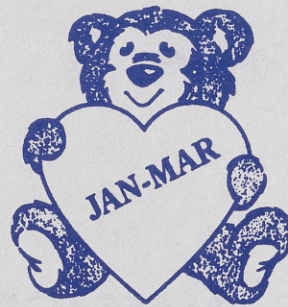
Community activism in its many forms will be debated at the next CAP/PAC Foundation quarterly forum on Monday, November 19, 1990, from 5:30 to 7:30 p.m. at the Townhouse, 1517 21st Street in Sacramento. Speakers will include a representative of the Sacramento chapter of ACT UP as well as representatives of more traditional points of view.

The speakers will explore the intent and consequences of different types of activism for the gay and lesbian community and the community at large.

CAP/PAC Foundation is a nonprofit organization established to provide community education on political and social issues of importance to gay men and lesbians.

Admission to the forum is \$7.00 in advance and includes hors d'oeuvres between 5:30 and 6:00 p.m. Reservations may be made by sending \$7.00 to CAP/PAC Foundation, 8507 Daimler Way, Sacramento, CA 95828. Admission will be \$8.00 at the door. An American Sign interpreter will be provided. This is a no smoking event.

For more information, contact Anne Bersinger, 920-9587.



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SPECIAL INTEREST GROUPS

The S.I.G. facilitator of the month is Gretchen of the Book Group. Gretchen has been the facilitator of her group since the beginning. She has done a marvelous job of organizing, inspiring, and creating a comfortable environment for women to voice their varied opinions on many different books in the last couple of years. Gretchen even submits her blurbs for this column months in advance! Thanks, Gretchen, the Book Club appreciates your energy and hard work.

We had an interesting and thought-provoking meeting of the S.I.G. facilitators in September. Suggestions for new groups were made, including: a relationship problem group, a group for women with a ten year age gap between partners, a couples group, an SM group and a Partners of Incest Survivors group. Another request for a lesbian mothers group has been voiced as well. If any of these groups interest you, or you have another one you'd like to see started, call Ellie, 967-0611.

Ellie Zacks

Special Interest Group Coordinator

Kathy Mullen

Associate

BRIDGE

November games are Nov. 9 and 30 — Friday at 7:30 p.m. Lesson, Sat., Nov. 10 at 1:30 p.m. Call Joyce, 1-676-4317 for locations.

GOLF

This group is over for the season. Stay tuned in the spring for the next season.

SINGLES

As of deadline, there was no Nov. event planned. By now there may very well be, so call Cheryl, 452-1687 for news. We're also looking for a new facilitator for this group, so call Ellie 967-0611 if you're interested.

SELF-EMPLOYED WOMEN

The group will be meeting on Tuesday, November 27, at 7:30 p.m. The topic will be "Investment Counseling — Planning Your Future" by Lill Ordaz, investment counselor. For further info, call Aeriell, 452-5503. Also, we're looking for a new facilitator for this group. Call Ellie, 967-0611, if you want to do that job.

BOOK CLUB

The Book Group meets at 3 p.m. on the third Sunday of each month. This month, that translates to Nov. 18. The book under discussion is by Eisler — *The Chalice and the Blade*. For more info, please call Gretchen, 922-6287.

LATE-BLOOMING LESBIANS

Late Bloomers group is back on track! (Thanks, Mary!) Our next meeting is set for Thurs., Nov. 15, 7:00 p.m. Whether you're newly "out," have been for awhile, or just thinking about it, you might want to join us for a lively discussion and to meet people who share some life experiences

with you. Call Mary, 677-8901, messages OK

RELATIONSHIP ADDICTION

One definition of relationship addiction is "the more any of us need a specific reaction from another person, the more dependent we are on that individual." Does that fit you? Or "In spite of ample evidence that something isn't good for us, we cannot stop our involvement with it." (Robin Norwood). We are a small group who have these things in common. We offer support and a safe place as well as 12-step study for relationship addiction. We do discourage partners from participating in the group. This month, please call Judie, 481-5001.

CULTURE CLUB

Culture: the totality of socially transmitted behavior patterns, art, beliefs, institutions and all other products of human work and thought characteristic of a community.

Club: a group of people organized for a common purpose.

Movies, yes! music, of course! Plays, concerts, and miniature golf, why not? Call Ann, 927-6038.

TOP TEN

Is being over 50 a special interest? It does seem that this group has lots to talk about and enjoys getting together once or twice a month for sociability and discussion.

Aging does bring with it special issues that need to be dealt with. It is often helpful to discuss them with women who have shared some of the same experiences.

Our usual meeting day is the second Sunday of the month (Nov. 11 at 3:00 p.m.) For further information and directions, call Ariel, 483-9794 or Ardelle, 393-4094.

DAVIS OVER 30 GROUP

Let's celebrate Thanksgiving like family. We'll have a roaring fire to keep us warm while we dig into our favorite leftovers together. Join us Sunday, November 25, from 4 p.m. - 8 p.m. Call Francine, 753-8127, Chris, 758-0879 or Shelley, 753-0470 for details.

SCUBA DIVERS

We're planning a Monterey outing in late Oct. If interested, we will also do a night dive, possibly at Macabee Beach. For more information on other activities, call Emilie at 753-1918.

MENTAL HEALTH PROFESSIONAL GROUP

For those practicing psychotherapy: networking, support, socializing. For meeting time and location, call Karen, 457-9491.

MONEY—A MEANS OF EXCHANGE OR A CONSTANT SOURCE OF PAIN?

Is anyone interested in starting a group based on the principles of Debtors Anonymous? This 12-step program is anonymous and confidential and all phone calls will be treated as such. Call Ann, 927-6038.

Emotions and Your Health ... The Balancing Act

By Sandra Warne, M.A.

Attitudinal Healing

Last month I touched on the mind-body connection suggesting that our mental attitude is a powerful influence on our physical health. Our power to control and reshape our attitudes and emotions then serves a double purpose: happiness and health.

Dr. Jerald Jampolsky, M.D., is a psychiatrist and the founder of the Center for Attitudinal Healing in Tiburon, California. It is a remarkably happy place where children and adults with catastrophic illness come to open their minds to healing. Dr. Jampolsky practices a rather unconventional form of therapy. He is convinced that thoughts can affect the source of illness as well as good health, and that by retraining the mind to avoid negative thoughts and replacing them with loving thoughts we can open ourselves up to the healing process.

Jampolsky defines "health" as inner peace and "healing" as letting go of negative thoughts and replacing them with love.

Although the basis of Attitudinal Healing came from *A Course In Miracles*, it is not necessary to embrace any particular religious faith to benefit fully from the process of Attitudinal Healing. Its principles are universal.

To some of you the seven principles will sound familiar, particularly those of you who are in 12 step recovery programs. Attitudinal healing adds a spiritual dimension to the therapeutic process.

The seven principles are: 1. **Health is inner peace.** Therefore healing is letting go of fear. Our single goal is piece of mind. 2. **The essence of our being is love.** Love cannot be hindered by what is merely physical. 3. **Giving is receiving.** When our attention is on giving and joining with others, fear is removed and we accept healing for ourselves. 4. **All minds are joined.** Therefore all healing is self-healing. Our inner peace will of itself pass to others once we accept it for ourselves. 5. **Now is the only time there is.** Pain, grief, depression, guilt and other forms of fear disappear when the mind is focused on loving peace of this moment. 6. **Decisions are made by learning to listen for the preference of peace within us.** There is no right or wrong behavior. The only meaningful choice is between love and fear. 7. **Forgiveness is the way to true health and happiness.** By not judging we release the past and let go of our fears of the future. In doing so we come to see that everyone is our teacher and that every circumstance is an opportunity for growth in happiness, peace and love.

If you are interested in learning more about Attitudinal Healing, Dr. Jampolsky has authored several books. Among them the best seller, *Love Is Letting Go Of Fear, Teach Only Love, Goodbye To Guilt*, and his most recent book, and my favorite, *Out Of The Darkness Into The Light*.

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SACWN Members Vote: "SACWN Shall Continue To Be A Voting Member of the Lesbian and Gay Town Council"

Of the approximately 600 newsletter/ballots mailed last August, asking SACWNers to vote on whether SACWN should continue to be a voting member of the Lesbian and Gay Town Council, 62 were returned. The results of the vote are 51 yes, 11 no. 538 apparently abstained, or couldn't find a pencil, or thought someone would vote for them, or thought \$.25 was too much to spend, or their alarm clock didn't go off.

Now that we voted to vote, we need to determine who SACWN's two representatives to the Town Council will be. Last spring, when the Steering Committee (SC) voted to become a member of the Town Council, we also agreed that one vote would rotate among the SC and one vote would belong to the facilitator of the SIG group Lesbian Politics. Since Lesbian Politics is no longer active, another method of representation is needed. Should members of the SC continue to attend meetings and vote? Should the requirements of one (or both) of the representatives be that they *not* be a SC member? Remember that all Town Council meetings can be attended by anyone who has interest but only two representatives from a Lesbian and/or Gay organization can vote on issues.

The SC will be discussing the issue of representation on the Town Council at upcoming SC meetings. As you may recall, questions were raised at the September Forum as to the method of representation on the Town Council and a number of written comments were included on the mail-in ballots regarding representation. If you have any input, questions, or comments about representation on the Town Council please call the SC Coordinator, Rosanna Herber, at 451-1682 to find out when this issue will be on the agenda so you can come and participate in discussion. Comments from ballots will be available at the next event's HUB.

The report from the last Town Council Meeting, attended and reported on by Mary Smith, is included in this Newsletter.

Amanda Stennick
Newsletter Editor

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Town Council Report

The Sacramento Lesbian and Gay Town Council met in September for a special meeting to vote on a motion introduced by ACT UP which would create a standing committee to act as liaison with the police and sheriff's offices.

There was some consternation among several members present that, although the idea had merit, the Town Council should not be creating standing committees. It should, instead, assist in identifying resources for other groups who wish to create such a service.

The motion was withdrawn.

Lou Camera, Vice Moderator, introduced a motion to create a focus group to discuss and recommend policy on whether or not the Town Council is an "action" body and, if so, what that means. There have been several discussions and disagreements in the past as to this issue, causing confusion regarding policy/operating procedure.

The motion was amended so that this issue will be added to the agenda at the next Town Council meeting when all members can debate the issue and perhaps reach a satisfactory compromise position.

The next meeting is scheduled for October 23. (Please note: the scheduling of the Town Council meetings and the deadlines for this newsletter may occasionally require late reporting. We hope this is not an inconvenience to our readers.)

For more information, you may contact Mary Smith at 395-0428.



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Now Forming **HOLIDAY STRESS MANAGEMENT GROUP** for people who have trouble coping due to depression, isolation, or negative feelings during the holiday season. Call for more information (916) 344-1320. Facilitated by Bea Betzner, M.A., MFCC Intern IMF11881 in supervision with Marsha Nohl, MFCC.

Nan Washburn Appointed Symphony Director

The Camellia Symphony, a 65-member community-based volunteer orchestra, celebrates its 28th season with the appointment of Nan Washburn as Music Director/Conductor.

The opening night concert on Saturday, November 17, 1990, will feature Nan Washburn and include the Sacramento premiere of the symphony "Water Music" (1985) by composer Libby Larsen. Washburn more recently served as artistic director and associate director of the Bay Area Women's Philharmonic. She is an authority on the neglected repertoire of women composers and has been director of the National Women Composers Research Center in Oakland. She is also a frequent guest conductor of the Oakland-based American Jazz Theater. A reception honoring Nan Washburn will follow. It is co-sponsored in part by Ettore's European Bakery, AAUW and the YWCA.

All concerts are performed at 8 p.m. in Hiram Johnson Auditorium (65th Street at 14th Avenue, Sacramento). Single tickets are \$8.50 for general admission, \$6.00 for seniors and students. Season tickets are \$30.00 and \$20.00 respectively. Call (916) 344-5844 for a brochure and more information.

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Womens Group Starting

A lesbian womens group is now forming. The group is facilitated by Sandra Warne, M.A., MFCC registered intern, and will explore the many issues associated with self-esteem and life transitions. It will meet once a week in the evening.

For more info: contact Sandra at 973-9721.

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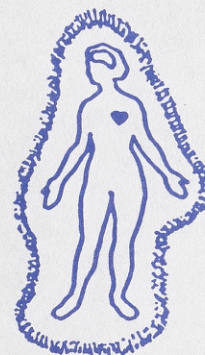
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San Mateo, California

CYNDI L. ADELIZZI
Certified Massage Therapist



Holistic Massage
by appointment
(916) 452-7734

SACWN, INC. — SUBSCRIPTION/ RENEWAL BY MAIL

All subscriptions may be paid in full or in 2 installments, the second installment due in 6 months. Subscription entitles you to our monthly Newsletter and discounts for all functions. Please select the appropriate category and send a check for the correct amount, payable to SACWN, Inc.

New Subscription ☐ Renewal ☐

CATEGORIES	RATES
Student/Senior/Disabled/Limited Income Subscriber -	\$24.00/year _____
Regular Subscriber -	\$36.00/year _____
Sustaining Subscriber -	\$48.00/year _____

Enclosed check and mail to: SACWN, Inc., P.O. Box 661332,
Sacramento, CA 95866

Name _____

Address _____

City _____ State _____ Zip _____

Phone (H) _____ (W) _____

Career Interests _____

This form is NOT a permanent record. Please note: Names on checks are listed in our financial records and may be audited. You may elect to pay cash for your subscription and/or admission to our events. For your protection, do not send cash through the mail. If subscribing by cash, please make your payment at the next meeting you attend.

WAIVER — I AM AWARE THAT CERTAIN RISKS OR INJURIES COULD OCCUR ARISING FROM MY PARTICIPATION IN SACWN, INC. EVENTS AND/OR SPECIAL INTEREST GROUPS. IN CONSIDERATION OF THE RIGHT TO PARTICIPATE IN SUCH EVENTS, SOME OF WHICH MAY INVOLVE STRENUOUS ACTIVITY (I.E. HIKING, GOLFING, SKIING, CYCLING, ETC.), I HEREBY ASSUME ALL RISKS AND WILL HOLD SACWN, INC. AND ITS MEMBERS HARMLESS FROM ALL LIABILITY WHICH MAY ARISE IN CONNECTION WITH THESE ACTIVITIES.

SIGNATURE _____ DATE _____

*LIMITED INCOME - SACWN, Inc. considers a person living on a limited income to be anyone who is having a difficult time paying for basic necessities — food, utilities and rent — and who rarely considers entertainment as part of their budget. SENIORS, STUDENTS, DISABLED — Age 65+ on Limited Income; Students 21+ on Limited Income; Disabled Citizens on Limited Income.

4th ANNUAL SACWN HOLIDAY CELEBRATION!

For Members Only
**RESERVATIONS MUST
BE MADE BY NOVEMBER 12th!**

Name _____

Address _____

Phone _____

Please write names of members and make dinner selections:

Member Names _____

Dinner Selections (write number of each dinner desired):

Sea Bass _____

Cornish Hen _____

Total number of members registering: _____

TOTAL AMOUNT ENCLOSED (\$16.00 each): _____

Make checks payable to SACWN, Inc. Send reservations, check or money order and a self-addressed stamped envelope to:
SACWN, Inc., P.O. Box 661332, Sacramento, CA 95866.

SACWN, Inc.

P.O. Box 661332

Sacramento, CA 95866